

# Ramadhan Guide

Seeking the Love of Allah



"The month of Ramadhan in which was revealed the Qur'an, a guidance for mankind..."

Surah al-Baqarah 2:185



THE QUR'ĀN PROJECT  
[www.quranproject.org](http://www.quranproject.org)



## Introduction

No single article can fully convey the many treasures that Ramadhan holds for a Believer. It is a time when one cuts himself off from worldly norms and renews himself to Allah [swt] – his Creator. He disciplines his mind, heart, hands, feet, tongue and stomach to act only in accordance to that which Allah [swt] loves. In the process, the Believer's Heart is cleansed and washed to its deepest and most innermost parts not from earthly water but from divine rain – the final revelation – The Qur'an.

We can describe Ramadhan in so many ways – every description only enhancing its beauty –


It is the month of Mercy where sins are forgiven,

It is the month of Salvation where people are saved from the Fire,

It is the month of Bliss where people are granted Jannah,

It is the month of Victory,

It is the month of Layl tul Qadr – The Night of Power – the night when the Qur'an was revealed and where the annual decree descends for people.



Abu Bakr al-Balkhi said:

*'The likeness of the month of Rajab  
is that of the wind,  
the likeness of Sha'baan  
is that of the clouds and  
the likeness of Ramadhan  
is that of the rain [and]..  
'is the month of harvesting the crops.'*



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# The Heart

This is the month to realise the **state of our hearts**. Are we yearning for Jannah or content with the life of this world? Are we restless and simply cannot wait to meet Allah [swt] or is this thought the furthest thing from our minds?

The Prophet [saw] said: مَنْ أَحَبَّ لِقَاءَ اللَّهِ أَحَبَّ اللَّهُ لِقَاءَهُ، وَمَنْ كَرِهَ لِقَاءَ اللَّهِ كَرِهَ اللَّهُ لِقَاءَهُ  
“Whoever loves to meet Allah, Allah loves to meet him and whoever hates to meet Allah, Allah hates to meet him.”<sup>1</sup>

The Prophet [saw] [also said]:

إِذَا حَضَرَهُ الْمَوْتُ بُشِّرَ بِرِضْوَانِ اللَّهِ وَكَرَامَتِهِ، فَلَيْسَ شَيْءٌ أَحَبَّ إِلَيْهِ مِمَّا أَمَامَهُ، فَأَحَبَّ لِقَاءَ اللَّهِ وَأَحَبَّ اللَّهُ لِقَاءَهُ  
“When death attends the Believer, he will be given the good news of the pleasure of Allah and His honouring him, so that **nothing** will be **more beloved** to him than that which is before him and he will **love to meet Allah** and **Allah will love to meet** him.”<sup>2</sup>

Indeed, the issues around the heart are paramount. If it is sound the whole body is sound, if it is corrupt the whole body is corrupt. Allah [swt] does not look at our bodies [exterior] but he looks at the state of the heart. Indeed it is the heart that in reality communicates with Allah [swt] – If it is therefore diseased, corrupt, dead or alive [in varying degrees] will determine the outcome of any dua we make and any worship that we perform.

The Prophet [saw] said, ...وَاعْلَمُوا أَنَّ اللَّهَ لَا يَسْتَجِيبُ دُعَاءَ مَنْ قَلْبٍ غَافِلٍ لَاهٍ  
Allah does not answer a dua [supplication] that comes from a careless and inattentive heart.”<sup>3</sup>

❁ **Dhikr** – Increase in your Remembrance of Allah [swt]. When you will remember Him – He will remember you. Your proximity [*qurb*] to Allah [swt] is in proportion to your remembrance of Him [so your distance to Him is in proportion to your heedlessness [*ghaflah*]]. Let not any moment pass except that you are engaged in one form of Dhikr or another. The best Salah, Fasting, Sadaqah etc is the one that has the best quality Dhikr in it.

<sup>1</sup>Bukhari #6507

<sup>2</sup>Bukhari #6507

<sup>3</sup>Tirmidhi: Hasan



Ibn al-Qayyim reports from the Prophet [saw], “...let anyone who wishes to know his place with Allah [swt] behold what place he has given Allah [swt], for verily Allah [swt] will give to a servant the [same] place with Him that the servant has given to Allah [swt] within himself.”<sup>4</sup>

“*dhikr* [rememberance] is of two types: **habitual vs. conscious**, and only **one** of these types will bring about Allah’s recognition. Ibn al-Jawzi illustrates this: “The heedless one says “*Subhan Allah*” [glory to Allah] out of habit. As for the conscious one, he is constantly thinking about the wonders of creation, or the awesome nature of the Creator, and this thinking drives him to say: ‘*subhan Allah.*’ So, this *tasbih* [glorification] is the fruit of these thoughts, and this is the *tasbih* of the conscious...

Likewise, they think about the ugliness of past sins, and this leads them to ponder, to have anxiety, to have regret. The fruit of this thought is that they say: ‘*astaghfirullah.*’ [I seek Allah's Forgiveness]. This is the true *tasbih* [glorification] and *istighfar* [seeking forgiveness]. As for the heedless, they merely utter these out of habit. And what a difference there is between the two types...”<sup>5</sup>

Finally - We request you make the following Dua [on Layl tul Qadr] for  
The Qur’an Project Team,

*“O Allah, guide the Qur’an Project  
Team in all their decisions.  
Forgive their sins and shortcomings.  
Accept their deeds, raise their ranks,  
facilitate them to spread the  
message of the Qur’an to the world  
and when they die - let it be while  
You Love them.”*  
[ameen]



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<sup>4</sup>Wabil as-Sayyib – Invocation of God, Ibn al-Qayyim [hadith reported by Ibn Abi Dunya]

<sup>5</sup>Tariq Mehanna – The Qur’an and You



# Recommendations

✿ **Set daily portion of the Qur'an** – Set a target for how many times you intend to complete the Qur'an in the month of Ramadhan [this should be **at the least more** than last year].

✿ **Memorize** some new portions of the Qur'an and then pray Nawafil Salah and recite these new portions in it.

✿ **Each day** [before going to Taraweeh to pray behind the Imam and listen to approx. 1 juzz of the Qur'an] try doing any/all of the following:

- a) Read the English translation of that 1 juzz of the Qur'an
- b) Read up on the Tafsir of the 1 juzz – hence you will understand better context of the Ayat you will hear in Taraweeh – e.g. you read about the Battle of Badr, then you hear the ayat recited to you while standing before your Lord in Salah in the month of Ramadhan – *the feeling is indescribable*
- c) Linguistic Analysis - Go through and highlight words you do not know the meaning of and learn the meanings etc.

✿ **Try reading books** about the following topics – Purification of the Heart and Paradise and Hell Fire.

✿ **Increase in Charity** – One of the scholars said that If Allah [swt] forgave someone for quenching the thirst of a dog then imagine the reward of someone who quenches the thirst of a Believer. Recommendation - send money for Somalia/Eritrea etc – Ummah Welfare Trust [[www.uwt.org](http://www.uwt.org)] or Ethar Relief [[www.etharrelief.org](http://www.etharrelief.org)] amongst others. You may also decide to sponsor an orphan or a copy of the Qur'an Project [[www.quranproject.org](http://www.quranproject.org)]. (only £3 a month)

✿ **Invite others for Iftar** – you will get the reward of their fast without their reward being decreased.

✿ **Helping local families** – poor families, children whose fathers not present, etc.





- ✽ **Learn new duas to recite in sajdah or ruku.**
- ✽ **Spend the last 10 days of Ramadhan in I'tikaf.**
- ✽ **Seek Layl tul Qadr** on the 21st, 23rd, 25th, 27th, 29th nights [remember – Islamically the night precedes the day] – Worship the whole night – Make abundant Istighfar [forgiveness] and Dua. Supplicate much - as the following years decree for you will descend this night [will you live, get married, die etc]
- ✽ **On Layl tul Qadr** – The Night of Power – make the following Dua continuously اللَّهُمَّ إِنَّكَ عُفُوٌّ تُحِبُّ الْعَفْوَ تَغْفِرُ عَنِّي -'Allahumma innaka afuwan tuhibul afwa fa'fu anni'. “O Allah you are Lovingly Merciful and Love to be Merciful so have mercy on me.”
- ✽ **How you feel in your Salah** will give you an indication of the level of your Imaan and how you feel during the recitation of the Qur'an will give you an indication of the condition of your Heart.

The Prophet [saw] once remarked:  
*"Surely, these hearts get rusted as  
 iron gets rusted in water."  
 He was asked how the heart's rust  
 could be rubbed off.  
 He replied:  
 "By frequent remembrance  
 of death and the recitation  
 of the Qur'an."*

Bayhaqi (daef)





# Charity



## THE QUR'ĀN PROJECT

Our primary aim is to produce high quality publications serving the study of the Qur'an and facilitating free distribution of them worldwide.

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## **I'tikaaf - Seeking closeness to Allah [swt]**

Allah [swt] says [in hadith Qudsi], “.....My servant does not draw near to Me with anything more beloved to Me than the obligatory duties that I have placed upon him. My servant continues to draw nearer to Me with optional deeds so that I shall love him.” [Bukhari]

‘So drawing closer to Allah – the Most Perfect – in this blessed month, can be achieved by fulfilling one’s obligatory duties; and also reciting the Qur’an and reflecting upon its meanings, increasing in kindness and in giving charity, in making Du’a (supplication) to Allah, attending the Taraweeh Prayer, seeking out Laylatul-Qadr (the Night of Power and Pre-Decree), a night which is better than a thousand months, attending gatherings of knowledge, and striving in those actions that will cause the heart to draw closer to its Lord and to gain His forgiveness. Our level of striving in this blessed month should be greater than our striving to worship Allah in any other month, due to the excellence and rewards that Allah has placed in it. Likewise from the great means of seeking nearness to Allah in this month is making I’tikaaf (seclusion in the mosque in order to worship Allah) – for whoever is able.’

Ibn al-Qayyim said: "Allah also prescribed I'tikaaf for them, the objective being that the heart becomes fully preoccupied with Allah – the Most High – concentrated upon Him alone, and cut-off from being preoccupied with the creation. Rather, the heart is only engrossed with Allah – the Most Perfect – such that loving Him, remembering Him, and turning to Him takes the place of all the heart’s anxieties and worries, so that he is able to overcome them. Thus all his concerns are for Allah, and his thoughts are all directed towards remembering Him and thinking of how to attain His Pleasure and what will cause nearness to Him and what leads him to feel contented with Allah instead of people. This in turn prepares him for being at peace with Allah alone, on the day of loneliness in the grave, when there will be no one else to give comfort, nor anyone to grant solace, except Him. So this is the greater goal of I'tikaaf."



[illegible]



[illegible]



**Imagine this is your last Ramadhan,  
What would you like to achieve?**

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# Targets

My targets in Ramadhan

My targets post Ramadhan



# Dua



Make a note of what duas you would like to make and for whom



# Plan your day in the week

<div><div></div><div>Fajr</div></div>	<div><div></div><div>Dhuhr</div></div>
<div><div></div><div>Asr</div></div>	<div><div></div><div>Maghrib</div></div>
<div><div></div><div>Isha</div></div>	<div><div></div><div>Taraweeh</div></div>

Tasks/Activities:



## 30 Virtues and Benefits of Dhikr

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- ➊ It [Dhikr] drives away and breaks the devil [shaytan].
- ➋ It pleases ar-Rahman [the Most-Merciful].
- ➌ It removes the cares and worries of the Heart.
- ➍ It brings joy and happiness to the Heart.
- ➎ It strengthens both body and Heart.
- ➏ It endows the person with Love of Allah which is the very spirit of Islam - for Allah has opened a way of access to everything, and the way to Love is constancy in Remembrance [Dhikr].
- ➐ It endows one with Muraqabah [vigilance] which opens to the door to Ihsan - entering therein, the servant worships Allah as if he were seeing Him.
- ➑ It predisposes the servant to turn back to Allah in every state.
- ➒ It endows him with proximity to Allah. His proximity to Allah is in proportion to his remembrance; his distance in proportion to his heedlessness.
- ➓ It endows him with Allah's own remembrance of him, Allah says, 'Remember Me, I shall remember you.'
- ➔ It endows the heart with life. Ibn Taymiyah said, 'Remembrance is to the heart what water is to fish. What happens to the fish that leaves the water?'
- ➕ It polishes away the Heart's tarnish.
- ➖ It erases sins and repels them.
- ➗ It removes estrangement between the servant and his Lord.
- ➘ The words of Dhikr become like the buzzing of bees around the Throne of Allah.
- ➙ When he knows his Lord through Remembrance [Dhikr] in times of ease his Lord will know him in times of adversity.
- ➚ It is the most effective thing to repel the punishment of Allah.
- ➛ Tranquillity descends upon the Heart.
- ➜ The Remembrance of Allah [Dhikr] and tears that are shed – give a person shade on the Day of Judgement.



## 30 Virtues and Benefits of Dhikr

- 20 It is the easiest form of worship – because your using the tongue.
- 21 Plants trees in Paradise.
- 22 Constancy in Remembrance of Allah [Dhikr] brings about security from forgetfulness of Him. This forgetfulness is the cause of the servant's misery both in this worldly life and the Day of Judgement.
- 23 Ibn Taymiyah said, 'Truly there is a Heaven in this world [and] whoever does not enter it, will not enter the Heaven of the next world.'
- 24 It enters Light [Nur] in to the Heart - more Dhikr = more light.
- 25 Allah is with the one when he remembers Him. "I am with My slave when he remembers Me and when his lips move to mention Me."
- 26 It is a basis of Gratitude and thanks [Shukr] - when you remember Him abundantly you thank Him abundantly.
- 27 It is both the source and the basis of intimate friendship with Allah - A servant continues to remember his Lord until He loves him.
- 28 Nothing attracts Allah's blessings and repels His wrath as does His remembrance. He repels harm from them and defends them in proportion to the strength and the completeness of their faith in Him. The very substance and power of this faith comes through [His] remembrance. The stronger one's faith and more abundant the remembrance, the greater Allah's defence of him. For the one who falls short, it falls short. i.e. STRONGER DHIKR = STRONGER IMAN = STRONGER DEFENCE.
- 29 Allah's remembrance of him precedes his remembrance of Him, for when Allah remembers His servant, it inspires the servant to remember Him. In prayer, you remember Allah and He remembers you, and His remembrance of you is greater than your remembrance of Him.
- 30 The most excellent of those who perform any practice are people who do it with the greatest remembrance of Allah. The most excellent of those who fast, are those who remember Allah the most in their fasting -the most excellent of those who do Hajj, are those who remember Allah the most in [their Hajj] etc.



## Duas for seeking the love of Allah [swt]

اللَّهُمَّ إِنِّي أَسْأَلُكَ حُبَّكَ، وَحُبَّ مَنْ يُحِبُّكَ، وَالْعَمَلَ الَّذِي يُبَلِّغُنِي  
حُبَّكَ، اللَّهُمَّ اجْعَلْ حُبَّكَ أَحَبَّ إِلَيَّ مِنْ نَفْسِي وَأَهْلِي، وَمِنْ الْمَاءِ الْبَارِدِ

“O Allah, I ask You for Your love and the love of those who love You and love of the action which will make me reach Your love. O Allah make Your love more beloved to me than myself, family and cold water”<sup>6</sup>

اللَّهُمَّ ارْزُقْنِي حُبَّكَ وَحُبَّ مَنْ يَنْفَعُنِي حُبُّهُ عِنْدَكَ، اللَّهُمَّ مَا رَزَقْتَنِي مِمَّا أُحِبُّ  
فَاجْعَلْهُ قُوَّةً لِي فِي مَا تُحِبُّ، اللَّهُمَّ وَمَا زَوَيْتَ عَنِّي مِمَّا أُحِبُّ فَاجْعَلْهُ فَرَاغًا لِي  
فِي مَا تُحِبُّ

“O Allah, provide me with Your love and the love of those whose love will benefit me with You. O Allah, that which you have provided me of that which I love, then make it strength for me in that which you love. O Allah, that which you have removed of what I love, then make it a free space for me for that which you love.”<sup>7</sup>

اللَّهُمَّ اجْعَلْ حُبَّكَ أَحَبَّ الْأَشْيَاءِ إِلَيَّ وَاجْعَلْ خَوْفَكَ أَخَوْفَ الْأَشْيَاءِ إِلَيَّ  
وَاقْطَعْ عَنِّي حَاجَاتِ الدُّنْيَا بِالشَّوْقِ إِلَى لِقَائِكَ وَإِذَا أَقْرَزْتَ أَعْيُنَ أَهْلِ الدُّنْيَا  
مِنْ دُنْيَاهُمْ فَأَقِرَّ عَيْنِي مِنْ عِبَادَتِكَ

“O Allah, make your love the most beloved of things to me, and your fear the most fearful of things to me and sever for me the needs of the dunya by longing for meeting You and when You give delight to the eyes of the people of the world in their dunya, then give my eye delight in your worship”<sup>8</sup>

<sup>6</sup>Tirmidhi #3490 [Hasan Ghareeb]

<sup>7</sup>Tirmidhi # 3491

<sup>8</sup>Abu Naym, Hilyat alAwliya –

[All three Duas quoted in ‘Jami al-Uloom wal-Hikam’ by Ibn Rajab al-Hanbali]



## Best dua for forgiveness

اللَّهُمَّ أَنْتَ رَبِّي لَا إِلَهَ إِلَّا أَنْتَ خَلَقْتَنِي وَأَنَا عَبْدُكَ ، وَأَنَا  
عَلَى عَهْدِكَ وَوَعْدِكَ مَا اسْتَطَعْتُ أَعُوذُ بِكَ مِنْ شَرِّ مَا  
صَنَعْتُ ، أَبُوءُ لَكَ بِنِعْمَتِكَ عَلَيَّ ، وَأَبُوءُ بِذَنْبِي ، فَاغْفِرْ  
لِي فَإِنَّهُ لَا يَغْفِرُ الذُّنُوبَ إِلَّا أَنْتَ.

Allahumma anta rabbi, lâ ilaha illa ant. Khalaqtani wa ana abduk, wa ana ala ahdika wa wa'dika masta ta'ath. Authubika min sharri ma sanau'atu, Aboo ulaka bi ni'matika alayya wa aboo u bidhanbi faghfirly fa innahu la yaghfiru dhunub illa ant.

‘O Allah, You are my Lord, none has the right to be worshipped except You, You created me and I am Your servant and I abide to Your covenant and promise as best I can, I take refuge in You from the evil of which I committed. I acknowledge Your favour upon me and I acknowledge my sin, so forgive me, for verily none can forgive sin except You.’

(Bukhari 7/150)





## Dua's from the Qur'an

رَبَّنَا تَقَبَّلْ مِنَّا إِنَّكَ أَنْتَ السَّمِيعُ الْعَلِيمُ

Rabbanataqabbal minna innaka anta assamee ulaleem.

“Our Lord, accept [this] from us. Indeed You are the Hearing, the Knowing.” [2:127]

رَبَّنَا آتِنَا فِي الدُّنْيَا حَسَنَةً وَفِي الْآخِرَةِ حَسَنَةً وَقِنَا عَذَابَ النَّارِ

Rabbana atina fi ddunya hasanatan wafee alakhirati  
hasanatan waqina aathaabannaar.

“Our Lord, give us in this world [that which is] good and in the Hereafter [that which is] good and protect us from the punishment of the Fire.” [2:201]

رَبَّنَا أَفْرِغْ عَلَيْنَا صَبْرًا وَثَبِّتْ أَقْدَامَنَا وَانصُرْنَا عَلَى الْقَوْمِ الْكَافِرِينَ

Rabbana afrigh alayna sabran wathabbit aqdamana  
wansurna alalqawmil kafireen.

“Our Lord, pour upon us patience and plant firmly our feet  
and give us victory over the disbelieving people.” [2:250]

رَبَّنَا إِنَّا سَمِعْنَا مُنَادِيًا يُنَادِي لِلْإِيمَانِ أَنْ آمِنُوا بِرَبِّكُمْ فَآمَنَّا  
رَبَّنَا فَاعْفُ لَنَا ذُنُوبَنَا وَكَفِّرْ عَنَّا سَيِّئَاتِنَا وَتَوَفَّنَا مَعَ الْأَبْرَارِ

Rabbana innana sami'na munadiyan yunadee lileemani an aminoo  
birabbikum faamanna rabbana faighfir lana dhunoobana  
wakaffir anna sayyiatina watawaffana ma'a alabrar.

Our Lord, indeed we have heard a caller calling to faith, [saying],  
'Believe in your Lord,' and we have believed. Our Lord, so forgive us our sins  
and remove from us our misdeeds and cause us to die with the righteous.” [3:193]

رَبِّ زِدْنِي عِلْمًا

Rabbi zidnee ilma.

“My Lord, increase me in knowledge.” [20:114]



رَبَّنَا آمَنَّا بِمَا أَنْزَلْتَ وَاتَّبَعْنَا الرَّسُولَ فَاكْتُبْنَا مَعَ الشَّاهِدِينَ

Rabbana amanna bima anzalta wattaba anna  
arrasoola faktubna ma'a ashahideen.

“Our Lord, we have believed in what You revealed and have followed the messenger so register us among the witnesses [to truth].” [3:53]

رَبَّنَا إِنَّا آمَنَّا بِمَا فَغْفِرْ لَنَا ذُنُوبَنَا وَقِنَا عَذَابَ النَّارِ

Rabbana innana amanna faghfir lana dhunoobana waqina aadhaba annar.

“Our Lord, indeed we have believed, so forgive us our sins and protect us from the punishment of the Fire,” [3:16]

رَبَّنَا أَخْرِجْنَا مِنْ هَذِهِ الْقَرْيَةِ الظَّالِمِ أَهْلُهَا  
وَاجْعَلْ لَنَا مِنْ لَدُنْكَ وَلِيًّا وَاجْعَلْ لَنَا مِنْ لَدُنْكَ نَصِيرًا

Rabbana akhrijna min hadhihi alqaryati dhalimi ahluha  
waj'al lana min ladunka waliyyan waj'al lana min ladunka naseera.

“Our Lord, take us out of this city of oppressive people and appoint for us from Yourself a protector and appoint for us from Yourself a helper?” [4:75]

رَبَّنَا اغْفِرْ لَنَا ذُنُوبَنَا وَإِسْرَافَنَا فِي أَمْرِنَا  
وَتَبِّتْ أَقْدَامَنَا وَانصُرْنَا عَلَى الْقَوْمِ الْكَافِرِينَ

Rabbana ighfir lana dhunoobana waisrafana fee amrina wathabbit aqdamana  
wansurna ala alqawmil kafireen.

“Our Lord, forgive us our sins and the excess [committed] in our affairs and plant firmly our feet and give us victory over the disbelieving people.” [3:147]

رَبَّنَا مَا خَلَقْتَ هَذَا بَاطِلًا سُبْحَانَكَ فَقِنَا عَذَابَ النَّارِ

Rabbana ma khalaqta hadha batilan subhanaka faqina adhaba annar.

“Our Lord, You did not create this [heavens and earth] aimlessly; exalted are You [above such a thing]; then protect us from the punishment of the Fire.” [3:191]



رَبَّنَا لَا تَجْعَلْنَا مَعَ الْقَوْمِ الظَّالِمِينَ

Rabbana la taj'alna ma'al qawwmi-dhalimeen.

“Our Lord, do not place us with the wrongdoing people.” [7:47]

رَبَّنَا لَا تُؤَاخِذْنَا إِنْ نَسِينَا أَوْ أَخْطَأْنَا  
رَبَّنَا وَلَا تَحْمِلْ عَلَيْنَا إَصْرًا كَمَا حَمَلْتَهُ عَلَى الَّذِينَ مِنْ قَبْلِنَا  
رَبَّنَا وَلَا تُحَمِّلْنَا مَا لَا طَاقَةَ لَنَا بِهِ وَاعْفُ عَنَّا وَارْحَمْنَا  
أَنْتَ مَوْلَانَا فَانصُرْنَا عَلَى الْقَوْمِ الْكَافِرِينَ

Rabbana la tuakhidha innaseena aw akhtana rabbana wala tahmil alayna  
isran kama hamaltahu aala alladheena min qablina rabbana wala  
tuhammilna ma la taqata lana bihi wa' fu anna waighfir lana  
warhamna anta mawlana faonsurna ala alqawmi alkafireen.

“Our Lord, do not impose blame upon us if we have forgotten or erred. Our Lord, and lay not upon us a burden like that which You laid upon those before us. Our Lord, and burden us not with that which we have no ability to bear. And pardon us; and forgive us; and have mercy upon us. You are our protector, so give us victory over the disbelieving people.” [2:286]

رَبَّنَا ظَلَمْنَا أَنْفُسَنَا وَإِنْ لَمْ تَغْفِرْ لَنَا وَتَرْحَمْنَا لَنَكُونَنَّ مِنَ الْخَاسِرِينَ

Rabbana dhalamna anfusana wa in lam taghfir lana  
watarhamna lanakoonanna mina alkhasireen.

“Our Lord, we have wronged ourselves, and if You do not forgive us and have mercy upon us, we will surely be among the losers.” [7:23]

رَبَّنَا افْتَحْ بَيْنَنَا وَبَيْنَ قَوْمِنَا بِالْحَقِّ وَأَنْتَ خَيْرُ الْفَاتِحِينَ

Rabbana iftah baynana wabayna qawmina bialhaqqi waanta khayrul fatiheen.

“Our Lord, decide between us and our people in truth,  
and You are the best of those who give decision” [7:89]



رَبَّنَا آتِنَا مِنْ لَدُنْكَ رَحْمَةً وَهَيِّئْ لَنَا مِنْ أَمْرِنَا رَشَدًا

Rabbana atina min ladunka rahmatan wahayyi lana min amrina rashadan.

“Our Lord, grant us from Yourself mercy and prepare for us from our affair right guidance.” [18:10]

رَبَّنَا لَا تُزِغْ قُلُوبَنَا بَعْدَ إِذْ هَدَيْتَنَا وَهَبْ لَنَا مِنْ لَدُنْكَ رَحْمَةً  
إِنَّكَ أَنْتَ الْوَهَّابُ

Rabbana la tuzigh quloobana ba'da idh hadaytana wahab  
lana min ladunka rahmatan innaka anta alwahhab.

“Our Lord, let not our hearts deviate after You have guided us and grant us from Yourself mercy. Indeed, You are the Bestower.” [3:8]

رَبِّ اجْعَلْنِي مُقِيمَ الصَّلَاةِ وَمِنْ ذُرِّيَّتِي رَبَّنَا وَتَقَبَّلْ دُعَاءِ

Rabbi ij'alnee muqeema assalati wamin  
dhurriyyatee rabbana wataqabbal du'a.

“My Lord, make me an establiher of prayer, and [many] from my descendants.  
Our Lord, and accept my supplication.” [14:40]

رَبَّنَا اغْفِرْ لِي وَلِوَالِدَيَّ وَلِلْمُؤْمِنِينَ يَوْمَ يَقُومُ الْحِسَابُ

Rabbana ighfir lee waliwalidayya walilmumineena yawma yaqoomu alhisab.

“Our Lord, forgive me and my parents and the believers the  
Day the account is established.” [14:41]

رَبَّنَا اصْرِفْ عَنَّا عَذَابَ جَهَنَّمَ إِنَّ عَذَابَهَا كَانَ غَرَامًا

Rabbana isrif anna adhaba jahannama inna athabaha kana gharama.

“Our Lord, avert from us the punishment of Hell.  
Indeed, its punishment is ever adhering.” [25:65]



## Examples of dua's in qunoot

[Note: some of these duas are not necessarily from the Sunnah]

O Allah guide us along with those whom You have guided, pardon us along with those whom You have pardoned, be an ally to us along with those whom You are an ally to and bless for us that which You have bestowed. Protect us from the evil You have decreed for verily You decree and none can decree over You. For surety, he whom you show allegiance to is never abased and he whom You take as an enemy is never honoured and mighty. O our Lord, Blessed and Exalted are You...To you belongs all the thanks for what you have given. We seek forgiveness from You. O Allah forgive us all our sins and mistakes and We make Tawbah [turn back] to You.

اللهم اهدنا فيمن هديت .. وعافنا فيمن عافيت .. وتولنا فيمن توليت .. وبارك لنا فيما أعطيت .. وقنا شر ما قضيت .. انك تقضي ولا يُقضى عليك .. إنه لا يذل من واليت .. ولا يعز من عاديت .. تباركت ربنا وتعاليت .. لك الحمد على ما قضيت .. ولك الشكر على ما أعطيت .. نستغفرك اللهم من جميع الذنوب والخطايا ونتوب إليك

O Allah, we beg to You the good which Your Prophet Muhammad (ﷺ) begged of You; and I seek refuge in You from the evil where from Your Prophet Muhammad (ﷺ) sought refuge. You are the One from Whom help is sought and Your is the responsibility to communicate (the truth). There is no power or strength except with Allah the Exalted, the Great.

اللهم إنا نسألك من خير ما سألك منه محمد صلى الله عليه وسلم ونعوذ بك من شر ما استعاذ منه نبيك محمد صلى الله عليه وسلم وأنت المستعان وعليك البلاغ ولا حول ولا قوة إلا بالله

O Allah! We ask you of all good in this world and in the Hereafter, that of which we know and that we do not know. We seek refuge in you from all evil in this world and in the Hereafter, that of which we know and that we do not know. O Allah! We ask you for Paradise and what brings us nearer to it of deeds and sayings. We seek refuge in You from Hell-Fire and what brings us near to it of deeds and sayings.

اللهم انا نسألك من الخير كله عاجله وآجله .. ما علمنا منه وما لم نعلم .. ونعوذ بك من الشر كله عاجله وآجله ما علمنا منه وما لم نعلم .. ونسألك الجنة .. وما يقرب إليها من قولٍ وعملٍ ونعوذ بك من النار .. وما يقرب إليها من قولٍ وعملٍ



O Allah, to You belongs all praise, You are the Light of the heavens and the Earth and all that is within them. To You belongs all praise, You are the Sustainer of the heavens and the Earth and all that is within them. To You belongs all praise. You are Lord of the heavens and the Earth and all that is within them. To You belongs all praise and the kingdom of the heavens and the Earth and all that is within them. To You belongs all praise, You are the King of the heavens and the Earth and to You belongs all praise. You are The Truth, Your promise is true, your Word is true, and the Day in which we will encounter You is true, the Garden of Paradise is true and the Fire is true, and the Prophets are true, Muhammad is true and the Final Hour is true. O Allah, unto You we have submitted, and upon You we have relied, and in You we have believed, and to You we have turned in repentance, and over You we have disputed, and to You we have turned for judgment. So forgive us for what has come to pass of our sins and what will come to pass, and what we have hidden and what we have made public. You are Al-Muqaddim and Al-Muakhkhir. None has the right to be worshipped except You, Glorified be You, we have been amongst the wrong doers, there is no change or power except with Allah.

O Allah give victory to our oppressed brothers in every location of the world, O Lord of the worlds.

اللهم لك الحمد أنت قيّومُ السموات والأرض ومن فيهن ، ولك الحمد لك ملكُ السموات والأرض ومن فيهن ، ولك الحمد .. أنت نورُ السموات .. والأرض ومن فيهن ، ولك الحمد أنت الحق ، ووعدك الحق ، ولقاؤك حق ، وقولك حق ، والجنة حق ، والنار حق ، والنبيون حق ، ومحمد صلى الله عليه وسلم حق ، والساعة حق .. اللهم لك اسلمنا .. وبك آمننا .. وعليك توكلنا .. وإليك أنبنا .. وبك خاصمنا .. وإليك حاكمنا .. فاغفر لنا ما قدمنا وما أخرنا ، وما أسررنا وما أعلنا .. وما أنت أعلمُ به منا أنت المقدمُ وأنت المؤخرُ ..

.. لا إله إلا أنت سبحانك .. إنا كنا من الظالمين ولا حول ولا قوة إلا بالله

اللهم انصر اخواننا المستضعفين في كل مكان .. يارب العالمين



O Allah, O Turner of the hearts. Make our hearts firm upon your Deen [religion]. O Allah, we ask You to allot us a share of fearing You with which to keep us from disobedience to You, and a share of obedience to You with which to help us reach into Your paradise; and to grant us the certitude of faith with which to make it easier for us to bear the calamities of life. O Allah, bless us with good hearing, good eyesight, good health as long as You allow us to live, and make the enjoyment (of these physical functions) an eternal blessing for us. Let our revenge fall upon those who do us injustice, and support us in those who stand in hostility against us. We ask You to make this world neither our prime preoccupation nor the extent of our knowledge, afflict us not in our faith, make not hellfire our fate and make Jannah our eternal abode. And do not subject us to oppression by those who fear You not and have no mercy for us.

اللهم يا مقلب القلوب .. ثبت  
قلوبنا على دينك  
اللهم أقسم لنا من خشيتك ما تحول به  
بيننا وبين معصيتك .. ومن طاعتك  
ما تبلغنا به جنتك .. ومن اليقين ما  
تهون به علينا  
مصائب الدنيا .. ومتعنا اللهم  
باسماعنا وأبصارنا وقواتنا ما  
أبقيتنا .. واجعله الوارث منا ..  
واجعل ثأرنا على من ظلمنا ..  
وانصرنا  
على من عادانا .. ولا تجعل  
مصيبتنا في ديننا .. ولا تجعل  
الدنيا أكبر همنا .. ولا مبلغ علمنا ..  
ولا إلى النار مصيرنا .. واجعل  
الجنة هي دارنا .. ولا تسلط علينا  
بذنوبنا من لا يخافك فينا ولا يرحمنا

O Allah! we ask of you the doing of the good deeds, avoiding the evil deeds, loving the poor, and that You forgive me, and have mercy upon me. And when You have willed Fitnah [trials] upon the people, then let me die without being affected by the Fitnah. And we ask You for Your love, the love of whomever You love, and the of the deeds that bring one nearer to Your love.

اللهم انا نسألك فعل الخيرات ..  
وترك المنكرات .. وحب المساكين..  
وأن تغفر لنا وترحمنا و توب علينا  
.. وإذا أردت بقوم فتنة  
فتوفنا غير مفتونين .. ونسألك  
حبك .. وحب من يُحبك .. وحب  
عمل يقربنا إلى حبيك .. يا رب  
العالمين .

O Ever Living, O Self-Subsisting and Supporter of all, by Your mercy I seek assistance, rectify for me all of my affairs and do not leave me to myself, even for [a period of] a glance of an eye.

يا حي يا قيوم برحمتك أستغيث ..  
أصلح لي شأني كله ولا تكلني الى  
نفسي طرفة عين



O Allah, forgive all the Muslims who have died, those who have testified to your Oneness and to the Messengership – and let us [also] die upon this. O Allah forgive them and have mercy upon them. We ask you for complete Iman [faith] and Yaqeen [certainty] which is true/real, a submissive heart, a tongue [constantly] engaged in Dhikr [Your remembrance], a sincere repentance, to make Tawbah [turn to You] before death, comfort during death, pardon during our accounting [on the Day of Judgement]. We ask You for Paradise and it's blessings and we seek protection in You from the Fire O Lord of the worlds.

O Allah, we are Your servants, sons of Your servants, son of Your maidservants, our forelock is in Your hand, Your command over us is forever executed and Your decree over us is just. We ask You by every name belonging to You which You named Yourself with, or revealed in Your Book, or You taught to any of Your creation, or You have preserved in the knowledge of the unseen with You, that You make the Qur'an the spring of our heart [i.e. make our heart flourish with the Qur'an] and the light of our chests, and a departure for our sorrow and a release for our anxieties.

O Allah, place within our hearts light, and upon our eyes light, and within our ears light, and place light to our right and light to our left and light above us and light below us and light in front of us and light behind us and bestow upon us light.

[Finally] May Allah's prayers and peace be upon our Leader Muhammad and upon His companions. [amen]

اللهم اغفر لجميع موتى المسلمين ..  
الذين شهدوا لك بالوحدانية .. ولنبيك  
بالرسالة .. وماتوا على ذلك .. اللهم  
اغفر لهم وارحمهم  
نسألك إيماناً كاملاً .. و يقيناً صادقاً  
.. وقلباً خاشعاً .. ولساناً ذاكراً  
.. وتوبة نصوحة .. وتوبة  
قبل الموت .. وراحة عند الموت ..  
والعفو عند الحساب .. ونسألك  
الجنة ونعيمها .. ونعوذ  
بك من النار .. يارب العالمين

اللهم إنا عبيدك .. بنوعبيدك .. بنو  
إيمانك .. نواصينا بيدك .. ماضٍ فينا  
حكمك .. عدلٌ  
فينا قضاؤك .. نسألك بكل اسم هو  
لك .. سميت به نفسك .. أو أنزلته  
في كتابك .. أو  
علمته أحداً من خلقك .. أو استأثرت  
به في علم الغيب عندك .. أن تجعل  
القرآن ربيعَ  
قلوبنا .. ونورَ صدورنا .. وجلاء  
حُزننا .. وذهاب همنا وغمنا

اللهم اجعل في قلوبنا نورا .. وفي  
أبصارنا نورا .. وفي أسماعنا نورا  
.. وعن أيماننا نورا .. وعن يسارنا  
.. نورا .. وفوقنا نورا  
ومن تحتنا نورا .. وأمامنا نورا ..  
وخلفنا نورا .. واجعل لنا نورا

وصلّى الله على سيدنا محمد وعلى آله وصحبه وسلم



## Dua for Istikharah

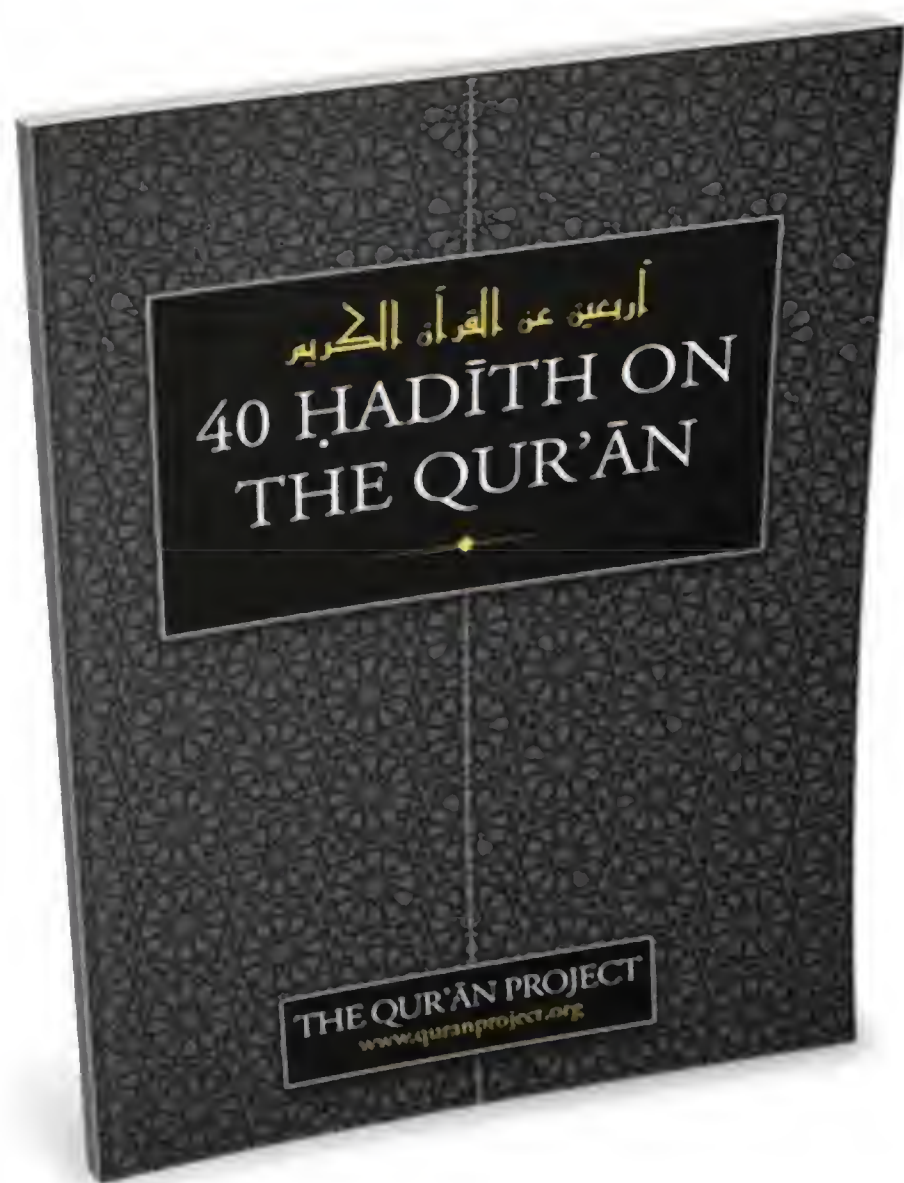
Allahumma inni istikhiruka bi  
'ilmika wa asttaqdiruka bi qudratika  
wa asaluka min fadhlikal 'adheem fa  
innaka taqdiru wala aqdiru wa  
ta'lamu ala 'alam wa anta 'alamul  
ghuyub Allahuma in kunta ta'lamu  
inna hadhal amar (mention the  
matter here) khayrun ly fee deeny  
wa ma ashee wa 'aqibatu amry  
faqdurhu ly wa yasirhu ly thum  
bariklee fy wa inkunta ta'lamu anna  
hadhal amr sharrun ly fi deeny wa  
ma ashee wa aqibatu amry, fasrifny  
anhu waqdurly alkhaira haythu kana  
thumma ardhinee bihi.

اَللّٰهُمَّ اِنِّىْ اَسْتَخِيْرُكَ بِعِلْمِكَ وَاسْتَغْفِرُكَ بِقُدْرَتِكَ  
وَاسْأَلُكَ مِنْ فَضْلِكَ الْعَظِيْمِ فَاِنَّكَ تَقْدِرُ وَلَا اَقْدِرُ  
وَتَعْلَمُ وَلَا اَعْلَمُ وَاَنْتَ عَلَّامُ الْغُيُوْبِ  
اَللّٰهُمَّ اِنْ كُنْتَ تَعْلَمُ اَنَّ هٰذَا الْاَمْرَ  
خَيْرٌ لِّىْ فِيْ دِيْنِيْ وَمَعَاشِيْ وَعَاقِبَةِ اَمْرِيْ  
فَاَقْدِرْهُ لِيْ وَيَسِّرْهُ لِيْ ثُمَّ بَارِكْ لِيْ فِيْهِ  
وَإِنْ كُنْتَ تَعْلَمُ اَنَّ هٰذَا الْاَمْرَ  
شَرٌّ لِّىْ فِيْ دِيْنِيْ وَمَعَاشِيْ وَعَاقِبَةِ اَمْرِيْ  
فَاَصْرِفْهُ عَنِّيْ وَاصْرِفْنِيْ عَنْهُ  
وَاقْدِرْ لِيْ الْخَيْرَ حَيْثُ كَانَ ثُمَّ اَرْضِنِيْ بِهِ

"O Allah, I seek Your counsel by Your knowledge and by Your power I seek strength and I ask You from Your immense favour, for verily You are able while I am not and verily You know while I do not and You are the Knower of the unseen. O Allah, if You know this affair -and here he mentions his need- to be good for me in relation to my religion, my life, and end, then decree and facilitate it for me, and bless me with it, and if You know this affair to be ill for me towards my religion, my life, and end, then remove it from me and remove me from it, and decree for me what is good wherever it be and make me satisfied with such."

(Bukhari 7/162)



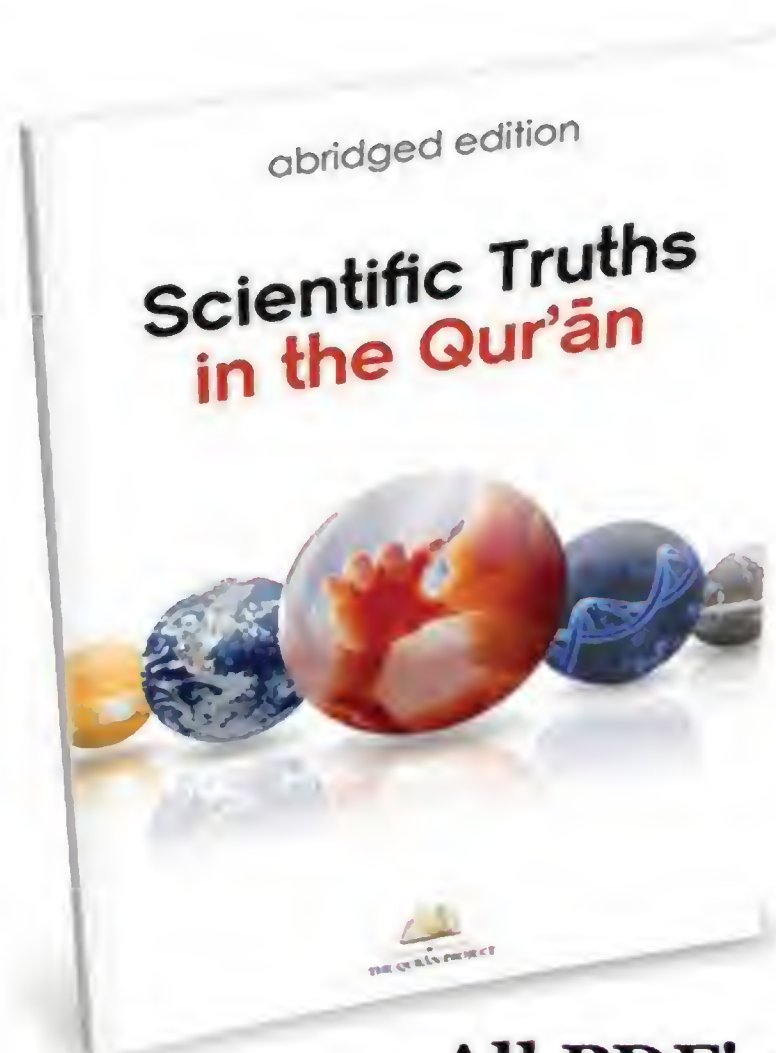
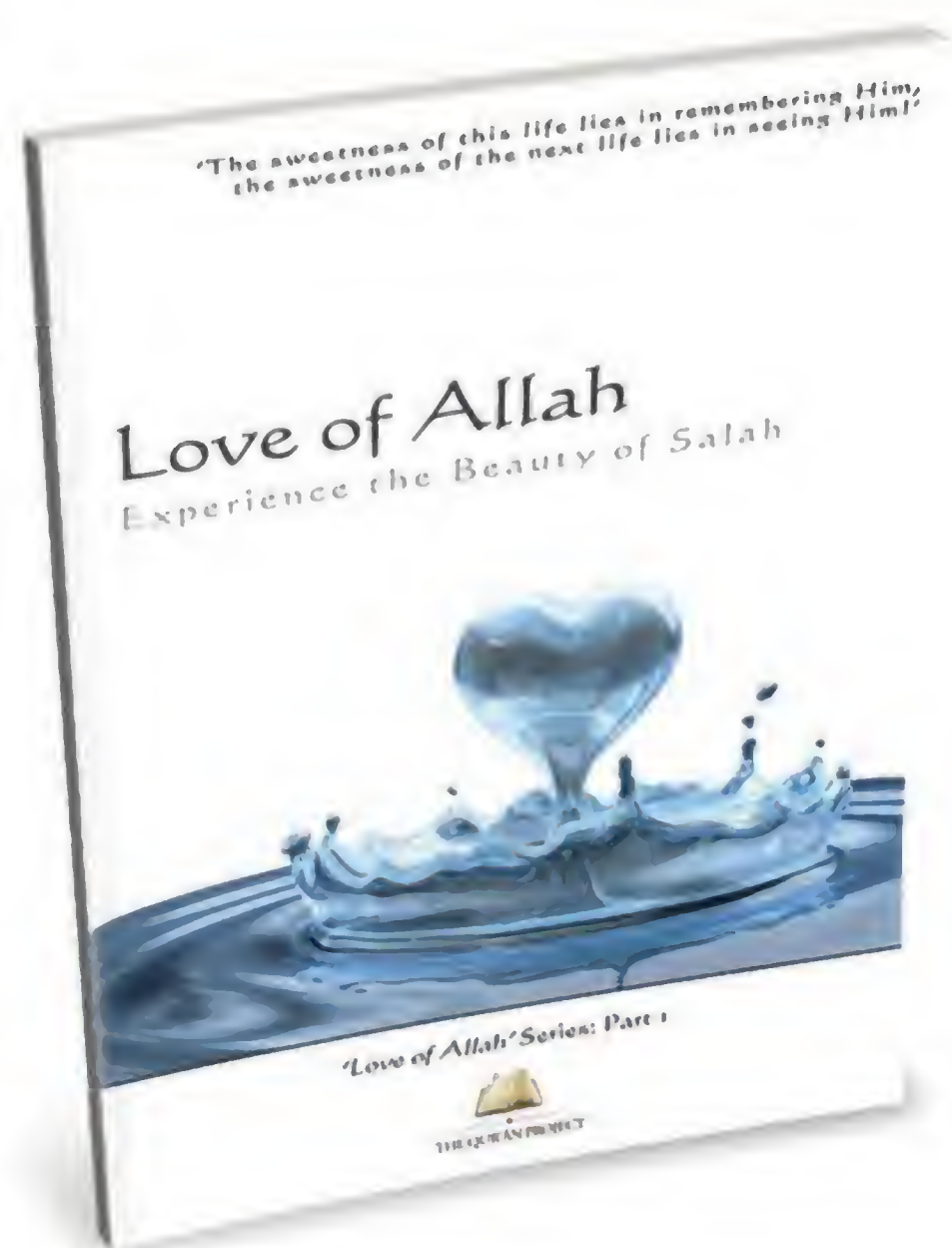


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## Dua for breaking Fast

لَلّهُمَّ إِنِّي أَسْأَلُكَ بِرَحْمَتِكَ الَّتِي وَسِعَتْ كُلَّ شَيْءٍ أَنْ تَغْفِرَ لِي

O Allah, I seek by your mercy which encompasses everything, that You forgive me  
(Ibn Majah)

Allahumma inni asaluka birahmatika alathee wasi'at  
kulla shay'in an taghfirli

Thahabadh-dhama'u  
wabtallatil-'urooqu,  
wa thabatal-'ajru  
'in shaa' Allah

ذَهَبَ الظَّمَأُ وَابْتَلَّتِ الْعُرُوقُ  
وَوُثِّبَتِ الْأَجْرُ إِن شَاءَ اللَّهُ

The thirst is gone,  
the veins are moistened  
and the reward is confirmed,  
if Allah wills.  
(Abu Dawud 2/306)

## Dua for Laylatul Qadr

Allahuma innaka Afoowun,  
Kareemun tuhibul  
Afwa fa fuanni

اَللّهُمَّ اِنَّكَ عَفُوٌّ كَرِيْمٌ  
تُحِبُّ الْعَفْوَ فَاعْفُ عَنِّي

O Allah you are Forgiving,  
Generous. You love to forgive  
so please forgive me.  
(Tirmidhee)